

July - August 2007

Unbridled VOICE



Inside Road Race Series Draws Over a Thousand Runners and Walkers

First Lady Glenna Fletcher joined more than 1,000 runners and walkers who braved the heat for the inaugural Get Healthy Kentucky 5K, a series of races held at various locations throughout the Commonwealth.



**COMMONWEALTH OF KENTUCKY
OFFICE OF THE GOVERNOR**

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August 2007

I commend the many Kentuckians who turned out in the heat to participate in our recent series of Get Healthy Kentucky 5K road races, featured in this edition of Unbridled Voice. We had two objectives: to have some fun, and help spread the word about the importance of good health.

The 5K participants varied widely in age, ability and performance level, but all shared a commitment to physical activity.

In April 2006, I signed into law House Bill 646, which formalized the Governor's Wellness and Physical Activity Initiative. I said at the time that it was critical for us to fight to overcome lifestyle issues that were destroying the health of Kentuckians.

For too long, Kentucky has failed to address the poor health – and poor health habits – of its citizens in any effective, comprehensive way. As a result, 63 percent of Kentucky adults and 30 percent of Kentucky high school students are obese, overweight or at risk of becoming overweight. Meanwhile, we as a state spend \$1.16 billion per year on illnesses related to obesity.

Good nutrition, healthy lifestyle choices and physical activity can reverse these trends. They are three legs of the same stool.

Physical activity doesn't have to be unpleasant. It can be fun.

Our children and adolescents should engage in at least an hour a day of moderate-intensity activity – riding bikes, swimming, jumping rope, playing tag, or skating, to name but a few. Adults, including seniors, should engage in regular, moderate physical activity or exercise most days of the week. Your favorite activity may be walking or jogging, swimming, skating, yoga, or ballroom dancing. The possibilities are practically endless.

Kentucky is at last making progress in coming to grips with its health issues, especially the epidemic of child obesity born of sedentary habits and poor diet. New limits on junk food in schools earned Kentucky the highest grade in the nation – an A-minus – on the "School Foods Report Card" published by the Center for Science in the Public Interest. No other state received more than a B-plus; 23 states were given an F.

Physical activity is equally important. A wealth of information is available online at www.gethealthy.ky.gov. The key is to get up and get away – away from the desk, the sofa, the TV – and get active. You will be amazed at how much better you feel.

Sincerely,

Ernie Fletcher, Governor
<http://governor.ky.gov/>



AN EQUAL OPPORTUNITY EMPLOYER M/F/D



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First Lady Glenna Fletcher and Cabinet for Health and Family Services Secretary Mark Birdwhistell lead runners and walkers at the Get Healthy Kentucky 5K run in Lexington.

Get Healthy Kentucky 5K Draws More Than 1,000 Runners and Walkers

First Lady Glenna Fletcher joined more than 1,000 runners and walkers who braved the heat for the Get Healthy Kentucky (GHK) 5K, a series of road races held at various locations throughout the Commonwealth.

Mrs. Fletcher, who participated in the race at Keeneland in Lexington, offered words of encouragement for 5K participants. She urged Kentuckians to adhere to the GHK message of living well by adopting regular physical activity – like

running and walking, following a nutritious eating plan and avoiding tobacco products.

“The impressive turnout at the 5K events shows me just how many people believe strongly in what we’re trying to do – improve the health and well-being of Kentuckians,” said



Dean Ehrenheim, CEO, Owensboro Family YMCA poses for photo with Rebekah Christman and Matt Rowe, the overall winners of the Owensboro Get Healthy Kentucky 5K.

the First Lady. “Each runner and walker was a true embodiment of the Get Healthy spirit.”

GHK and YMCAs of Kentucky teamed up for the road race series as a way to spread the GHK message to more Kentuckians. Over the past few months, Governor Ernie Fletcher, Mrs. Fletcher and the GHK staff have traveled the state, participating in numerous forums and events to promote the new wellness initiative, designed by Governor Fletcher as a tool to improve the health status of Kentucky.

The program, which can be accessed at www.gethealthy.ky.gov, uses targeted initiatives that emphasize prevention of degenerative diseases such as diabetes, heart disease and cancer. The program partners with organizations that promote health and physical activity throughout Kentucky, such as the United States Tennis Association.

Earlier this summer, YMCA organizations in Frankfort, Lexington, Louisville, Mackville, Fort Thomas and Owensboro partnered with the

Bluegrass State Games, Kentucky’s annual athletic competition held in June at various locations in Central Kentucky.

Chris L. Corbin, GHK’s Executive Director, said events like the GHK 5K are helping inspire more Kentuckians to adopt regular physical activity and better lifestyle choices like good nutrition and not smoking.

“Each runner and walker became an ambassador for our program,” said Corbin. “I am overwhelmed by the number of people who share our mission and support Get Healthy Kentucky. We are reaching more Kentuckians every day.”



Albert Goodin, Kentucky's longest serving park ranger.

commerce

Kentucky State Park Ranger Receives National Honor

A Kentucky State Park ranger has been honored as one of the top rangers in the country by ReserveAmerica, a provider of recreation and campground reservation services.

Albert Goodin, the longest serving ranger in Kentucky with 34 years of service, was one of five rangers to receive a silver medal from ReserveAmerica for his dedication to park visitors and professionalism. Goodin has worked at Levi Jackson State Park in London for four years and previously was based at Cumberland Falls State Resort Park near Corbin.

The Knox County native served in the Army for three years before becoming a ranger. He says his job is more than being a law enforcement officer.

"I love working with the public. I like to talk with and help people," Goodin said. "I just like my job."

Goodin was honored as a district ranger of the year by Kentucky State Parks in 2005 for outstanding customer service, communication, teamwork and dependability.

Every year, ReserveAmerica recognizes the country's top rangers who dedicate their careers to serving park visitors while preserving the country's public lands for future generations. For additional information and to

read testimonials about the rangers' dedication and professionalism, visit www.ReserveAmerica.com.

For more information about Kentucky State Parks, visit www.parks.ky.gov.

education

Education-at-Work Scholarships

Kentucky Education Cabinet Secretary Laura E. Owens presented the cabinet's Education-at-Work scholarship to 36 Kentuckians on July 18, 2007 in the Capitol Rotunda in Frankfort. The cabinet gave the \$1,000 scholarships to students who are pursuing postsecondary education in Kentucky.

About 200 Kentuckians applied for the ninth annual scholarship competition. Including this year, the cabinet has awarded 246 scholarships totaling \$156,000 for postsecondary education. The scholarship began under the former Cabinet for Workforce Development and has grown from 20 scholarships in 1999 to this year's 36 scholarships.

Kentuckians qualified for the scholarship by using one of the services of the Education Cabinet's Department for Workforce Investment or Kentucky Adult Education in the Council on Postsecondary Education, such as vocational (► p. 7)

rehabilitation, adult learning centers, GED preparation, secondary Kentucky Tech School, unemployment insurance, job placement, dislocated worker or Workforce Investment Act assistance. Scholarship applicants were required to write an essay on Kentucky's new 'Unbridled Spirit' brand and how it relates to their educational and career goals. The \$1,000 scholarships may be used for tuition, books and lab and technology fees.

The Education Cabinet coordinates learning programs from P-16, and manages and supports training and employment functions in the Department for Workforce Investment. For more information about these programs, visit www.educationcabinet.ky.gov or www.workforce.ky.gov or call 502-564-6606. Additional information can be found by visiting Kentucky Adult Education online at www.kyae.ky.gov or by calling 502-573-5114.

environmental & public protection

Kentucky Governmental Recycles

State workers are being asked to help make Kentucky number one in government employee paper recycling.

The Environmental and Public Protection Cabinet (EPPC) has launched an initiative aimed at boosting paper recycling – Kentucky Government Recycles!



Kentucky Education Cabinet Secretary Laura E. Owens, front left, posed with 2007 Education-at-Work Scholarship recipients who came to the awards ceremony July 18 at the Capitol Rotunda. A total of 36 Kentuckians won the scholarships worth \$1,000 each.

Campaign 2007.

Last year, Kentucky state workers recycled about 330 pounds of paper. According to an informal survey, Minnesota, with an employee recycling rate of 340 pounds, is our closest competitor.

As part of the paper recycling initiative, recycling coordinators have been appointed in state agencies to help educate their coworkers on the benefits of paper recycling.

For more information, contact Brian Bentley, the Government Recycling Section supervisor by e-mail at Brian.Bentley@ky.gov or by phone at 502-564-8070. Information can also be found online at <http://www.waste.ky.gov/branches/rfa/state+government+recycling+section.htm>.

heritage council

Putney Ranger Station: Care and Repair of Log Structures

The Kentucky Heritage/State Historic Preservation Office, an agency of the Kentucky Commerce Cabinet, in partnership with Pine Mountain Settlement School and Harlan County Fiscal Court sponsored a hands-on preservation skills workshop. The purpose of the workshop was to educate contractors, preservationists, log building owners and state and national parks service employees how to care for and repair historic log structures.

The workshop included training on safety procedures for using both modern and (► p. 8)

traditional tools and evaluations on the building's condition and guests at the workshop included Kentucky Heritage Council Executive Director and State Historic Preservation Office Donna Neary and Commerce Cabinet Secretary George Ward.

At the end of the five-day workshop, participants worked together in making repairs to the Putney Ranger Station. Patrick Kennedy, a participant in the workshop said: "After this experience, we each left a bit of ourselves behind at the Putney Ranger Station on Pine Mountain in Harlan County."

For more information about the ranger station and historic places related to the New Deal in Eastern Kentucky, see the Kentucky Heritage Council Web site at www.heritage.ky.gov/historic_context.htm.

If you have information about other New Deal-era places in Kentucky in need of preservation, or if you are interested in learning more about future preservation skills training workshops, call the Kentucky Heritage Council at 502-564-7005 or email Patrick Kennedy at patrick.kennedy@ky.gov.



General Norman Arflack, Secretary of the Justice and Public Safety Cabinet (right) and Kentucky State Police Commissioner Jack Adams (left) presented KSP Detective Steven T. Silfies with the 2006 Trooper of the Year Award at the Holiday Inn on Hurstbourne Lane in Louisville.

kentucky state police

Trooper of the Year

The Kentucky State Police named Hopkinsville resident Steven T. Silfies, "2006 Trooper of the Year" at a special ceremony held at the Holiday Inn - Hurstborne Lane in Louisville. Thirty-eight other troopers and eight private citizens were also recognized for acts of meritorious service and achievement, valor, bravery, life-saving acts, professionalism and dedication to duty.

A four-year veteran of the Kentucky State Police, Detective Silfies is assigned to KSP Post 2 in Madisonville, which covers Caldwell, Christian, Crittenden, Hopkins, Muhlenberg, Todd and Webster counties.

KSP Commissioner Jack Adams described all of the honorees as "great Kentuckians" whose actions often made a life-saving difference to others.

"It was not glory or fame or recognition that motivated them," he said. "It was more a matter of duty to the oath they swore to protect and serve, a dedication to duty that goes beyond themselves. In an instant, they were called on to put their own lives in peril to save the lives of others and they did so without hesitation."

libraries & archives

Papers of Abraham Lincoln

While processing and accessioning records held in the State Archives vault, archivist Tim Tingle discovered a handwritten document with the signature “A. Lincoln.” Immediately Tingle realized he had found a long-lost piece of history.

The discovery was a court document written by Abraham Lincoln in 1853, in response to a lawsuit filed against him by the surviving partners of the company owned by Lincoln’s deceased father-in-law, Robert Todd, a native of Lexington, KY. In the lawsuit, it was alleged that Lincoln had not fully reimbursed the company for some debts he had collected on the company’s behalf in Illinois some years earlier.

Both the document and the signature have been verified as being Lincoln’s own handwriting.

Also found were a number of other Fayette Circuit Court cases involving Thomas Lincoln, the president’s great uncle and several concerning Mary Todd Lincoln’s family.

personnel

Kentucky’s Capstone Wins a National Award

The National Association of Government Training and Development (NAGTAD) awarded Capstone as the 2007 Program of the Year. Capstone is a team made up of Certified Public Managers (CPM) that completes projects for sponsors from state government. The projects vary based on the needs of the agencies. For example, teams may be requested to collect data and organize it accordingly for the sponsor.

Capstone has worked with seven of the nine cabinets in Kentucky and has completed projects for the Minority Empowerment Office, the Kentucky Commission on Women and the Governor’s Office for Local Development (GOLD).

The Capstone program has been well received by the participants and has proven to be a successful program. The program offers several benefits including making efficient use of the state’s limited resources, giving the participants the opportunity to network with other team members and giving the participants the opportunity to learn more about the operation of Kentucky’s state agencies and other state agencies.

commerce

Kentucky Departments of Parks

Kenlake State Resort Park's "Hot August Blues" has been named as one of the state's "Top Ten" summer events by the Kentucky Tourism Council.

The 18th annual Hot August Blues will be held August 24-25, 2007. This two-day festival will be held at Kenlake's amphitheatre, where audiences will be mellowed by some of the best blues bands around. The festival will be held rain or shine and audience members can watch from land or from the beautiful shores of the Kentucky Lake.

Ticket prices are as follows: Friday advance tickets: \$8; at the gate: \$10. Saturday advance tickets: \$13; at the gate \$15.

For more information, visit www.parks.ky.gov or call 1-800-325-0143.

Kentucky Horse Park

The Kentucky Horse Park's International Museum of the Horse – an affiliate of the Smithsonian Institution – opens a new exhibition to honor and commemorate a piece of rich history.

"The History of Harness Racing and Ives and the Kentucky Connection," produced by the Harness Racing Museum and Hall of Fame, highlights the early history of the sport of harness racing through 66 rare Currier and Ives lithographic prints and a careful selection of important artifacts which will help complete the story of the sport from its mid-nineteenth century heyday up to today.

Also included in the exhibition are historic oil paintings (including a Troye), racing trophies, old sale catalogs, driving colors (jackets and caps), drawings and cartoons, shoes, weathervane, Maud S. High Wheel Sulky, speed wagon, old and current race bikes, tack trunks and statuettes. "The History of Harness Racing by Currier and Ives and the Kentucky Connection," will be on display in the museum until October 21, 2007.

For more information, contact the International Museum of the Horse at 859-259-4232.

environmental & public protection

Tips on Home Improvements

With summer home-improvement projects under way, the state Office of Housing, Buildings and Construction (OHBC) urges Kentuckians to be wary when hiring contractors.

OHBC offers these simple tips for home improvements:

- Ask to see a license card, which shows the expiration date.
- Make sure the contractor and any subcontractors have workers' compensation coverage and general liability coverage.
- Refuse an offer by contractors to have an unlicensed technician "file for the permit."
- Check the Web site, www.ohbc.ky.gov, to verify licensed technicians.
- Be sure that the electrician, plumber or HVAC license holder has an office contact number should you need to visit them. All estimates should include company name, address, telephone number and license number.
- Shop around and get more than one estimate, and ask friends and neighbors for references.

For questions and concerns regarding the licensing of electricians, contact Richard Peddicord at 502-573-0369. For questions regarding heating, ventilation and air conditioning, contact Nelson Henderson at 502-573-0395. For questions or concerns regarding plumbing, contact Tim House at 502-573-1058.

health & family services

Electronic Organ Donor Registry

The Kentucky Department for Public Health (DPH) officials introduced the creation of a new electronic state organ donor registry, which is available through local Circuit Clerks offices.

The registry will provide an electronic database of everyone in Kentucky who has indicated his or her wish to become an organ donor. The registry is designed to improve the speed of identifying possible organ donors.

DPH worked closely with the Trust of Life, a non-profit organization created to promote organ donation in Kentucky, to develop the organ donor registry.

Names will be entered into the registry in Circuit Clerks' offices, where driver's licenses are obtained and renewed. The Kentucky Transportation Cabinet was also instrumental in the creation of the registry.

To learn more about the organ donor registry, visit the Trust for Life's Web site, <https://www.donatelifeky.org/default.aspx>.

department of corrections

Correction Employees Receive Awards From Kentucky State University

Two Kentucky Department of Corrections employees were selected for special recognition by Kentucky State University (KSU). The awards were presented at the annual Career Counseling and Placement Awards Program held at the Capital Plaza Hotel in Frankfort.

Warden Kimberly Whitley, KSU class of 1987, received an "Outstanding Alumni Award" for her work and dedication to the field of corrections. Whitley is a native of Danville. She holds a bachelor's degree in criminal justice and a master's in public administration.

Kim Potter-Blair, District Supervisor Probation and Parole received an "Employer Award" for her accomplishments in a different area of corrections. Potter-Blair, class of 1997, is a native of Bowling Green and a graduate of KSU where she received her bachelor's degree in criminal justice and her master's in public administration.

Commissioner John D. Rees said, "We are very fortunate to have both of these professional employees working in our department. Kim and Kimberly have proven to be valuable members of our management team."

kentucky state police

Tips to Help Drivers "Share the Road" with Motorcycles

According to the National Highway Traffic Safety Administration (NHTSA), 4,553 motorcyclists lost their lives in highway crashes in 2005. Of those, 56 percent involved another vehicle in addition to the motorcycle in the crash.

In the United States, motorcycle registrations account for 2 percent of all vehicle registrations, but motorcycles

account for 10 percent of all vehicle crashes. Last year in Kentucky, there were 1,770 collisions involving motorcycles. Of that figure, there were 1,417 injuries with 94 being fatal injuries.

KSP offers the following driving tips to help keep motorcyclists safe on our roadways:

- Always allow a motorcyclist the full lane width. Never try to share a lane.
- Always make a visual check for motorcycles by checking mirrors and blind spots before entering or leaving a lane of traffic and at intersections.
- Remember that road conditions which are minor annoyances to passenger vehicles pose major hazards to motorcyclists.
- Allow more following distances, three or four seconds, when following a motorcycle, so the motorcyclist has enough time to maneuver or stop in an emergency.
- Don't tailgate.
- Keep in mind, that in dry conditions, motorcycles can stop more quickly than cars.

personnel

Best Adoption-Friendly Workplace for 2007

Personnel Cabinet employee Darlene Stewart with the Office for Employee Relations was recognized as being a leader for the cabinet in being named as one of the Best Adoption-Friendly Workplaces for 2007.

The Adoption-Friendly Workplace is a signature program of the Dave Thomas Foundation for Adoption. The Foundation's rankings are based on the amount of financial assistance and paid leave for adoption.

Congratulations Darlene on your commitment to families formed through adoption.

For more information or to access news releases, please visit <http://www.adoptionfriendlyworkplace.com>.

transportation

Highway Hazard Hotline

You can help to inform the Transportation Cabinet of any highway hazards in your area by calling the Highway Hazard Hotline at 1-877-FOR-KYTC (1-877-367-5982).

The new Highway Hazard Hotline is answered 24 hours a day, seven days a week by Transportation Operations Center personnel. The hotline is available throughout the year for the public to report problems with state maintained highways.

The hotline is an easy way for people to get involved and help to make Kentucky's roads safer.

New Speed Limit on Kentucky Highways

In March, Governor Fletcher signed Senate Bill 83, which allows for a speed limit increase on rural interstates and parkways throughout the Commonwealth.

The traffic and maintenance crews worked diligently to effect those changes in a safe, consistent and timely manner. On July 10, 2007, Kentucky Transportation Cabinet crews completed changing the speed limit signs on interstates and parkways statewide.

The cabinet thanks the media for alerting the public about crews working on the interstates and parkways, which ensured a safe and timely transition.

Spotlight

The Kentucky Department for Libraries and Archives is Honored by Kentucky Child Now



Kim Sweazey, Community Relations Director for Toyota Motor Manufacturing Company (left) and Carol Baughman, Children's/Young Adult Librarian, for the Kentucky Department for Libraries and Archives.

Kentucky Child Now has honored the Kentucky Department for Libraries and Archives with a 2007 Destiny Award, which recognizes individuals and organizations who are dedicated to the welfare of Kentucky's kids. It also recognizes individuals and organizations that have demonstrated significant leadership in fulfilling the Five Promises to Kentucky's children: Caring Adults, Safe Places, a Healthy Start, Marketable Skills and Opportunities to Serve.

KDLA was recognized as the top organization fulfilling the Promise

of Safe Places. Public libraries are more than a place to get books; they are vibrant community centers that are dedicated to serving the needs of all community members. Librarians are in tune with today's youth and work hard to provide enriching activities and programs geared toward every age, from birth through teenagers.

Parents, caregivers, teachers and youth across the Commonwealth recognize that their public library is a safe place for children to study, participate in activities, meet

friends, receive tutoring assistance, read, access the computer and the internet, learn to use various databases, or just to hang out. Libraries across the state are finding that teens, especially, are coming to the library more often, and staying for longer periods of time.

Librarians utilize every available resource to create a warm, welcoming environment for children and teens. KDLA is committed to assisting library staff in understanding the needs of today's youth in fostering healthy relationships, creating safe places and engaging young Kentuckians. KDLA and library staff across the state has collaborated to focus on the Development Assets, a proactive approach that addresses fulfilling the needs of 21st century youth.

Providing a safe place for every child continues to be a priority for KDLA and Kentucky's public libraries.

SADDLE UP!

**Enter now for a chance to win a
2007 Ford Mustang GT convertible**



Support Disadvantaged Children by Purchasing a Raffle Ticket to Benefit the Kentucky State Police's Trooper Island

Raffle tickets are \$10 and can be obtained by contacting any Kentucky State Police post or by calling the KSP Media Relations Branch in Frankfort at 502-695-6344.

For locations and phone numbers of Kentucky State Police posts, visit:

www.kentuckystatepolice.org

The drawing will be held at the KSP exhibit during the Kentucky State Fair at 4:00 p.m. EST on Sunday, Aug. 26, 2007. Ticket holders need not be present to win.

Trooper Island is part of a long-range program of public service to the disadvantaged youth of Kentucky. It is a non-profit organization that serves approximately 700 boys and girls ages 10 to 12 each summer.

Participants must be at least 18 years old. The winner is responsible for all taxes and license fees. This raffle is being conducted via Charitable Gaming License #0000633.



Men and Depression

It is universally agreed upon that women suffer from depression more frequently than men; however, many researchers theorize that the difference is inflated because of misdiagnosis and the unwillingness of males to seek treatment.

Family physicians can be the first line of defense because men feel embarrassed about using a therapist and have a tendency to focus on physical symptoms. Initial misdiagnosis is common, since general practitioners are looking for medical causes, which they will often find since males with depression have a higher rate of diabetes, stroke and heart disease. Diagnoses of anger management difficulties, substance dependency or impulse control problems are also common because some men react to depression by engaging in risky and/or aggressive

behaviors. This propensity for aggression makes men four times more likely than women to commit suicide; therefore early intervention is important.

Successful therapists understand one size does not fit all, so instead of putting the emphasis on emotions, counselors focus on a more comfortable topic like relieving physical symptoms. Daily functioning may also be examined and the therapist will focus on skill building such as improving frustration tolerance.

For more information contact your Kentucky Employee Assistance Program at 502-564-5788 or 1-800-445-5327 to speak confidentially with a counselor.

Drug-Free Workplace

The Kentucky Employee Assistance Program wants to remind all employees about the importance of a drug-free workplace.

Some of the potential risks and hazards of workplace alcohol and drug use are obvious, particularly those related to safety. Alcohol and drug use can seriously impair judgment and coordination, which can lead to workplace accidents, injuries and even death.

A person does not need to be an alcoholic or drug addict to create safety hazards. For example, someone who still has alcohol in their bloodstream from drinking before they were on the clock may not be in any condition to work safely. However, the problems extend beyond safety. Workplace alcohol and drug use can weaken an organization's ability to operate profitably and produc-

tively. It is also associated with lower levels of employee morale – not only that of employees struggling with alcohol or drug problems, but also those who work alongside them.

The key to preventing these problems is for all employees to understand that there is help for those struggling with alcohol and drug problems. Each year in October, the U.S. Department of Labor sponsors Drug-Free Work Week. To achieve a drug-free workplace, it is critical that agencies educate employees about the nature of alcohol and drug use and its negative impact on workplace safety and productivity.

The Kentucky Employee Assistance Program (KEAP) is providing training to supervisors on October 1, 2007. Supervisors are the individuals closest to an organization's workforce. The training will help ensure supervisors understand State Government's Drug-Free Workplace policy; cover ways to deal with workers who have performance problems that may be related to substance abuse; and look at how to refer employees to available assistance.

If you (or someone you know) are struggling to work drug free, or you would like to organize a workshop for your agency, contact KEAP at 1-800-445-5327.

Learn to Kick the Habit

In keeping with the spirit of World No Tobacco Day, which was May 31, 2007, state health officials are urging Kentuckians to take advantage of state-sponsored programs to help people stop using tobacco products.

Health and Family Services Cabinet Secretary Mark D. Birdwhistell recommends programs that offer counseling and services to help people successfully give up tobacco. One such program is the Kentucky Tobacco Quit Line (1-800-QUIT-NOW), which is administered through the Kentucky Tobacco Prevention and Cessation Program (KTPCP). This program is a free tobacco cessation resource for all Kentucky residents. In recent months, the KTPCP worked with the Department for Medicaid Services on an outreach program to encourage Medicaid-eligible citizens to utilize the Quit Line's free telephone resourc-

es and counseling by offering free NRT products to Medicaid eligible tobacco users who use the Kentucky Tobacco Quit Line.

While health officials are pleased with the interest they've seen in the program, which is funded for one year, they are encouraging more people to take advantage of both the Quit Line and the Medicaid NRT program.

For more information about these and other programs, please contact RaeAnne Davis at (502) 564-7996, ext. 3858.



Why you should join the Kentucky Public Employees' Deferred Compensation Program

Simple. Smart. For You. For Life.

Consider These Benefits:

- ◆ You need a long-term investment savings plan to meet your retirement goals. Chances are, Social Security benefits, plus your state or other system retirement plan, will not provide enough income to maintain your current standard of living. Kentucky's low-cost program lets you supplement your retirement with your own voluntary savings and investment plan.
- ◆ You may select from a number of quality, well-known investment options on a no-load basis. Fund management and plan fees may still apply. **Fund prospectuses are available by calling 1.800.542.2667. Read the prospectus carefully before investing.**
- ◆ It is convenient. You can invest easily through payroll deduction.
- ◆ Tax deferral means you can invest more of your income now. You pay no federal or state taxes on the portion of your income you contribute to the traditional pre-tax 457 and 401(k) plans, or on any of your investment earnings, until the money is paid out to you. *Assets withdrawn from a qualified plan may be subject to a 10% penalty tax if withdrawn prior to the age of 59 1/2; and all withdrawals may be subject to income tax.*
- ◆ You may also pay lower taxes when you receive your distributions. First, you may be in a lower tax bracket after you retire. Second, under current state law, a significant portion of your Deferred Compensation distributions at retirement may be excludable from Kentucky state income tax.
- ◆ It is easy to make changes: Over the Web at www.kentuckydcp.com, or with SAVER, our telephone voice response system (800.793.4401). Both allow you to check on your account balance, move money between funds, and more – any time of the day or night (except for brief backup periods). You may also make changes by contacting the Authority office in Frankfort. *Certain excessive trading restrictions may apply.*
- ◆ Your Social Security and retirement benefits are not affected by your contributions under the Authority's Plan(s).

The Kentucky Public Employees' Deferred Compensation Authority (the "Authority") provides supplemental retirement coverage to thousands of public employees in Kentucky.

Available Plans:

- ◆ **457(b) Plan**
- ◆ **401(k) Plan**
includes a Roth 401(k) option.
- ◆ **Deemed IRA** (coming 7/1/07)
Includes a Traditional and Roth IRA option, available only to participants in the Authority's 457 or 401(k) Deferred Compensation Plans.

To Learn More:

Call a Kentucky Plan Service Representative at **1.800.542.2667** (or in Frankfort at **573.7925**).

Information provided by Plan Service Representatives is for educational purposes only and is not intended as tax, legal, or investment advice.

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